



October 2008

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“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever. That surrender, even the smallest act of giving up, stays with me. So when I feel like quitting, I ask myself, which would I rather live with?” Lance Armstrong 7 time Tour de France champ and cancer survivor



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 <i>First Day of Practice</i> <i>9th—6:00-8am</i> <i>JV/V—3-5:30 G1</i>	30 <i>9th—6:00-8am</i> <i>JV/V—3-5:30 G2/4</i>	31 <i>9th—6:00-8am</i> <i>JV/V—3-5:30 G1</i>	